**Obesity**

Obesity is a huge factor on in America. Did you know obesity affects 34 percent of

adults age 20 and over in the US, that’s more then 72 million people! The number of

over weight people has gone up constantly since 1960. Child-safety seat manufacturers

are starting to make bigger models after a recent study showed that over 250,000

U.S. children age 6 and under are too big for them. I don’t see how people let

themselves get like that. I know we can all be lazy, that lazy is a little too lazy.

Mississippi is the home of the mud pie, Cajun fried pecans, sweet potato crunch, fried

shrimp, and catfish. Mississippi is also home to the country’s fattest people—more than

25 percent of adult Mississippians are obese. Sounds yummy, but is all fating. Eating

600 unexpected calories just once a week would add an extra 9 pounds to the average

American’s weight each year. These were all some interesting facts about weight and

Obesity. It is a serious disease and can kill you. Eat Right (: